What is claimed is:

1. A sample holder for laser desorption/ionization mass spectrometry, which loads a sample to be analyzed using laser desorption/ionization mass spectrometry, the sample holder comprising:

a metal plate; and

a thin layer, which is formed on the metal plate and into which the sample is loaded,

wherein the thin layer is formed of a carbon-based material.

2. The sample holder of claim 1, wherein the thin layer is formed of carbon.

3. The sample holder of claim 1, wherein the thin layer is formed of graphite.

4. The sample holder of claim 1, wherein the thin layer is formed on the metal layer to have a thickness of several or dozens of micrometers.

5. The sample holder of claim 1, wherein the metal plate is formed of one of stainless steel and gold-coated steel.

6. A method of manufacturing a sample holder for laser desorption/ionization mass spectrometry, the sample holder loading a sample to be analyzed using laser desorption/ionization mass spectrometry, the method comprising:

preparing a metal plate; and

depositing a carbon layer on the metal plate through sputtering.

7. The method of claim 6, wherein the carbon layer is deposited on the metal plate by arc-discharging a carbon rod and sputtering carbon atoms onto the metal plate.

8. The method of claim 6, wherein the carbon layer is formed on the metal plate to have a thickness of several or dozens of micrometers.

9. A method of manufacturing a sample holder for laser desorption/ionization mass spectrometry, the sample holder loading a sample to be analyzed using laser desorption/ionization mass spectrometry, the method comprising:

forming a carbon paste by mixing carbon powder with a solvent, then coating a surface of the metal plate with the carbon paste; and

forming a carbon layer on the metal plate by drying the carbon paste.

10. The method of claim 9, wherein the solvent is a volatile solvent and vaporizes when drying the carbon paste.

11. The method of claim 9, wherein the carbon layer is formed on the metal plate to have a thickness of several or dozens of micrometers.

12. The method of claim 9, wherein the metal plate is manufactured by cutting a stainless steel plate with a predetermined thickness into pieces.

13. A method of manufacturing a sample holder for laser desorption/ionization mass spectrometry, the sample holder loading a sample to be analyzed using laser desorption/ionization mass spectrometry, the method comprising:

forming a graphite paste by mixing graphite powder with a solvent, then coating a surface of the metal plate with the graphite paste; and

forming a graphite layer on the metal plate by drying the graphite paste.

14. The method of claim 13, wherein the solvent is a volatile solvent and vaporizes when drying the graphite paste.

15. The method of claim 13, wherein the graphite layer is formed on the metal plate to have a thickness of several or dozens of micrometers.

16. The method of claim 13, wherein the metal plate is manufactured by cutting a stainless steel plate with a predetermined thickness into pieces.